

Foodnity Recipes

Lemon Butter Salmon with Crispy Potatoes & Broccoli

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each)
- [ ] 2 lemons, zest and juice
- [ ] 1 lb baby potatoes, halved
- [ ] 2 cups broccoli florets
- [ ] 3 tbsp unsalted butter
- [ ] 2 tbsp olive oil
- [ ] Salt and freshly ground black pepper to taste

Optional Garnish

- [ ] Fresh chopped parsley
- [ ] Lemon wedges for serving

Instructions

1. Preheat the oven to 425°F (220°C). Toss the halved potatoes with 1 tbsp olive oil, salt, and pepper; spread on a baking sheet.
2. Roast potatoes for 20-25 minutes, turning once, until golden and crisp.
3. While potatoes roast, pat salmon fillets dry, season with salt and pepper, then set aside.
4. Heat 2 tbsp butter in a large skillet over medium-high heat. Add salmon, skin-side down, and cook 3-4 minutes until the skin is crisp.
5. Flip salmon, add lemon zest, juice, and the remaining butter. Spoon the sauce over the fillets and cook another 2-3 minutes until the fish is just cooked through.
6. In the same skillet, add broccoli and a splash of water; cover for 2 minutes, then uncover and sauté until bright-green and tender-crisp.
7. Plate the salmon, drizzle the pan sauce, arrange crispy potatoes and broccoli on the side, and garnish with parsley and lemon wedges.

Nutrition per serving

420 kcal	34 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the butter starts to brown too quickly, lower the heat—this prevents a burnt flavor.
- For extra crispness, sprinkle a pinch of cornmeal on the potatoes before roasting.
- Serve immediately for the best texture contrast.